

# On the issue of human coping strategies

Assoc. Prof. Dr. Dilarom Demiralay

---

**Abstract :** This article demonstrates a brief explanation of the concept of "coping strategy", when and in what situations this mechanism is used. The functions and main tasks that coping strategies perform are identified, and some features are identified..

**Key words:** coping strategy, difficult life situations..

The conditions of the modern world contribute to the fact that a person is increasingly faced with crisis, difficult situations. The problem of choosing a profession, first love, the death of loved ones, dismissal from work, ordinary everyday quarrels with the environment, this is what everyone faces.

In order to respond to them correctly, the psyche comes up with various ways of regulating behavior and techniques for maintaining an emotional state. In order to learn how to cope with complex life events, it is necessary to be aware of and work through them, one should understand what is happening at a given moment in time, what needs to be done in order to prevent these events. Namely, the ways of coping with difficult living conditions are called coping strategies. Thanks to them, a person begins to behave in a certain way, thereby controlling not only his actions, but also emotions. He learns to analyze and draw conclusions, which contributes to the best adaptation to environmental conditions. Also, research, understanding, awareness of the problem leads to the fact that a person who encounters it for the second, third and subsequent times knows what measures need to be taken to solve it. Different authors, as in foreign (P. Toys, R. Lazarus,

S. Folkman, E. Heim) and in domestic psychology (I.G. Sizova, S.I. Filipchenkova, L.I. Antsyferova, etc.) were engaged in the study of "coping strategies". There are a large number of their types and classifications.

Thus, coping strategies are conscious in nature, the person chooses the way of behavior in a given situation. The repertoire of coping strategies that a person has changes over the course of life, that is, it is a dynamic process [1, p. 138-150].

The pioneers of coping strategies were R. Lazarus and S. Folkman. They considered coping strategies as a cognitive assessment of stress. Under stress, in turn, they understood the situation, which has many more demands than the resources that a person has. Coping strategies in this model have the following features:

- firstly, they are conscious in nature;
- secondly, they are selected depending on the situation, context;
- thirdly, they are a dynamic process, i.e. change, they are not stable.

Thus, coping strategies are understood as cognitive and behavioral efforts aimed at eliminating both external and internal contradictions.

K. Maseny suggested that coping strategies or cooperative behavior can be considered from the standpoint of operational influences, namely those actions that are aimed at changing the reaction, and preventive influences, they are associated with a cognitive characteristic, that is, changes in perception, a problem situation, an increase in resistance to towards it [2].

S. K. Nartova-Bochaver put forward several reasons for them, in other words, she developed and identified some signs of strategies:

1) orientation or locus of overcoming - a person seeks to change the situation or his attitude towards it;

2) the area of the mental in which overcoming is unfolding - a person reacts and demonstrates himself in an external manifestation, that is, in any actions, or these are emotions and feelings;

3) efficiency - human actions bring any result in relation to the situation, response to it or not;

4) the duration of the effect obtained - the problem is resolved here and now, or it is necessary to return to it and work it out again;

5) situations that provoke coping behavior are systematic situations or a person encounters them for the first time [3].

Coping strategies have three main functions: at the level of knowledge of the world, emotional response and behavioral reactions.

1. A person needs to perceive the situation, think about what happened, analyze various aspects, draw conclusions about their further actions.

2. In difficult life situations, a person gives some emotions, he reacts in one way or another to the circumstances, but at the same time he can both demonstrate his emotions and not show them.

3. After a person has perceived, reacted to this situation, he moves to the third level, gives some kind of behavioral reaction. Here we can already talk about various actions that can be observed by an individual.

In addition to the three main functions, there are five tasks that coping strategies solve. The classification of problems was proposed by D. Cohen and R. Lazarus. They, summarizing the data of many studies, identified the following tasks of coping:

1) minimizing the negative impacts of circumstances and increasing recovery opportunities;

2) patience, adaptation or regulation, transformation of life situations;

3) maintaining a positive, positive "I-image", self-confidence;

4) maintaining emotional balance;

5) maintaining, maintaining fairly close relationships with other people [2].

So, we can conclude that coping strategies are the ways, ways, actions that a person takes in order to solve a conflict, difficult life situation. All coping strategies perform two main functions, one of which is related to the regulation of behavioral actions, the second is related to the regulation of the emotional sphere.

*Literature:*

---

1. 1. Bityutskaya E.V. Factor structure of the Russian-language version of the methodology "questionnaire for coping methods" / E.V. Bityutskaya // *Vopr. Psychology.*— 2014.— No 5.— P. 138-150.
2. 2. Vodopyanova N. E. *Psychodiagnostics of stress* / N. E. Vodopyanova. - St. Petersburg: US, 2009. - 336 p.
3. 3. Nartova-Bochaver S. K. Coping behavior in the system of concepts of personality psychology / S. K. Nartova-Bochaver // *Psych. magazine* - 1997. - T. 16. - No 5. - S. 20-30.